



Dental Readiness

- ★ **Daily Oral Hygiene Routine**
 - ★ **Brush** (2x/day) with a soft-bristled tooth brush and **floss**
 - Use a fluoride toothpaste
 - **No brush?**
 - ★ Wipe your teeth with a clean cloth
 - Swish with water after eating
 - Chew xylitol gum
 - **Limit snacking**
 - ★ Especially sweet, sticky foods
 - **Protect against the sun**
 - Use SPF 15 sunscreen, even on overcast days
 - Use lip balm with SPF 15
 - Wear protective clothing, hat & sunglasses
 - **Avoid Tobacco Products**